WHAT IS CLAIMED IS:

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1. A transmitted type diffractive optical element comprising a transparent plate formed with a diffraction grating, the transparent plate having first and second surfaces parallel to each other;

the first surface being in contact with a medium and formed with the diffraction grating, the second surface being provided with an antireflection film;

wherein, when light is incident on the first surface of the transparent plate from the medium, there are a wavelength λ and an incident angle θ of the light satisfying the correlation expressions of $(2n_1L/\lambda)\sin\theta=1$ and $n_2/n_1 \leq 3\sin\theta$, where n_1 is the refractive index of the medium, n_2 is the refractive index in the first surface of the transparent plate $(n_1 < n_2)$, and L is the period of the diffraction grating; and

wherein, at the wavelength λ and incident angle θ , transmitted first-order diffracted light in a TE polarization mode has a diffraction efficiency η_{TE} of at least 0.8, and transmitted first-order diffracted light in a TM polarization mode has a diffraction efficiency η_{TM} of at least 0.8.

2. A transmitted type diffractive optical element according to claim 1, wherein the wavelength λ falls within a predetermined wavelength band, each of the diffraction efficiencies η_{TE} and η_{TM} being at least 0.8 in the whole

predetermined wavelength band.

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- 3. A transmitted type diffractive optical element according to claim 1, wherein each of the diffraction efficiencies η_{TE} and η_{TM} is at least 0.85 at the wavelength λ and the incident angle θ .
- 4. A transmitted type diffractive optical element according to claim 3, wherein the wavelength λ falls within a predetermined wavelength band, each of the diffraction efficiencies η_{TE} and η_{TM} being at least 0.85 in the whole predetermined wavelength band.
- 5. A transmitted type diffractive optical element according to claim 1, wherein each of the diffraction efficiencies η_{TE} and η_{TM} is at least 0.9 at the wavelength λ and the incident angle θ .
- 6. A transmitted type diffractive optical element according to claim 5, wherein the wavelength λ falls within a predetermined wavelength band, each of the diffraction efficiencies η_{TE} and η_{TM} being at least 0.9 in the whole predetermined wavelength band.
- 7. A transmitted type diffractive optical element according to claim 1, wherein the diffraction efficiencies η_{TE} and η_{TM} have a difference of 0.05 or less therebetween at the wavelength λ and the incident angle $\theta.$
- 8. A transmitted type diffractive optical element according to claim 7, wherein the wavelength λ falls within a predetermined wavelength band, maximum and minimum values

of the diffraction efficiencies η_{TE} and η_{TM} having a difference of 0.05 or less therebetween in the whole predetermined wavelength band.

9. A transmitted type diffractive optical element according to claim 1, wherein the diffraction efficiencies η_{TE} and η_{TM} have a difference of 0.025 or less therebetween at the wavelength λ and the incident angle $\theta.$

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- 10. A transmitted type diffractive optical element according to claim 9, wherein the wavelength λ falls within a predetermined wavelength band, maximum and minimum values of the diffraction efficiencies η_{TE} and η_{TM} having a difference of 0.025 or less therebetween in the whole predetermined wavelength band.
- 11. A transmitted type diffractive optical element according to one of claims 2, 4, 6, 8, and 10, wherein the predetermined wavelength band includes C band.
- 12. A transmitted type diffractive optical element according to one of claims 2, 4, 6, 8, and 10, wherein the predetermined wavelength band includes L band.
- 13. A transmitted type diffractive optical element according to one of claims 2, 4, 6, 8, and 10, wherein the predetermined wavelength band includes both C and L bands.
- 14. A transmitted type diffractive optical element according to claim 1, wherein the period L of the diffraction grating is 2.5 μm or less.
 - 15. A transmitted type diffractive optical element

according to claim 1, wherein the wavelength λ falls within a wavelength band of 1.26 μm to 1.675 μm